

8

502

Map
971.1Ka
K159

INTRODUCTION.



THE ATTENTION of the citizens of Kamloops having been called to the fact that their town has been proposed as the most suitable site for a home for patients suffering from phthisis, a public meeting was called to discuss the matter, and it was determined to collect statistics, showing the conditions of climate and other particulars bearing on the subject, which matters, together with letters from various medical men, are embodied in this pamphlet.

The idea of Kamloops as a health resort is not a new one, as will be seen below, and it has often been suggested that a Sanitarium or Hospital should be started here for diseases of the lungs.

From the following records it will be seen that as early as 1890 vital statistics and averages of temperature, etc., were collected and published. In this little pamphlet it is not intended to claim for this neighborhood any advantages which it does not really possess, and those who have compiled it are actuated merely by the desire to state the plain facts, with proofs that cannot be disproved, and the earnest wish that if such an institution be established it should be in a situation the most suitable in every respect that can be obtained to benefit those sufferers for whom it is intended.

From statistics given herewith it will be found that Kamloops is almost free from zymotic diseases, as well as from those carried by impure water, and the death rate among children is practically nil.

The two medical practitioners who have assisted in compiling these facts can confidently state that they have not yet seen a case of phthisis commencing in a person living in Kamloops, and the infrequency of acute rheumatism, pneumonia and acute Bright's disease is no less remarkable, as well as the fact that the amount of illness among young children is very small.

It is true that there are occasional high winds in the spring time, often accompanied by dust, but this must be classed more as an annoyance than as being distinctly injurious. The cold is here far less extreme than in Manitoba and the Northwest, and is

5026

little felt, owing to the extreme dryness of the atmosphere, while the heat in summer is always tempered by cool nights.

Fuller details will be found on reading the statistics, articles and letters contained in this pamphlet. It is merely the intention of the committee to attract the attention of those to whom it is addressed by a few plain statements, and then it is confidently anticipated that if they will carefully study the details given below, and compare them with statistics of other portions of the Dominion, or even of other portions of the Globe, which enjoy a higher reputation, and carefully weigh the evidence given, they will find that only one conclusion can be arrived at, namely, that as a site for such an institution as is proposed, Kamloops puts forward a pre-eminent claim, which in the interests of those for whom it is intended cannot be well passed over.



The Sanitarium of the North.

(Letter from Rev. A. Lee, B.A., Pastor Presbyterian Church, Kamloops, to the Inland Sentinel, December 26th, 1891.)

To gain your attention we have put an ambitious heading to this article, but one to which we believe Kamloops is fairly entitled. There is nothing that people usually take less care of when they possess it, or strive more eagerly to regain when they have lost it, than good health. The nostrums, quack patent medicines, and vile drugs with which people in many cases injure themselves, show how eagerly men long for health. Without health life is a wearisome burden, and death a relief to the sufferer. However, when health is beginning to break down, if there is anything that can stay the downward progress, it will be hailed as a boon by the afflicted. It has long been acknowledged by the wisest of physicians, that the best tonic for an enfeebled constitution is fresh air and sunlight, joined with a proper regimen in eating. Change of air and surroundings has often proved the needed tonic, to build up a weak constitution.

British Columbia is a healthy country. So vast is its area that we find in it great variety of climate. At the Pacific coast we have a mild and humid atmosphere, and in the interior a dry and bracing air. For certain diseases a dry equable climate is a necessity. It is to all such we wish to direct attention to Kamloops, as a place where persons suffering from certain diseases may be benefitted. Kamloops is favorably situated to become the Sanitarium of the North. It is easily reached by C. P. R., being 250 miles from the coast. It has a beautiful situation by nature, at the junction of the North and South Thompson Rivers, and is by far the prettiest spot for a town between Vancouver and Calgary. The surrounding country has a beautiful, clean, park-like appearance, and the valley surrounded by mountains forms a very interesting picture. The soil is dry and porous, and being well drained is free from all sources of miasma. The temperature is pleasant for ten months of the year. Severe cold is felt in January and February, but it is not so cold as Ontario. Situated 1200 feet above the level of the sea, in the dry belt of the North American continent, it is particularly well adapted as a place of residence for persons suffering from weak lungs or from the beginning of lung or throat troubles or rheumatism. It is a mistake, however, to suppose that the air and climate of Kamloops can cure all cases of consumption. Some have come to Kamloops only to die. But to those who have weak lungs, and to those with whom the disease is in its incipient stage, a lengthened sojourn here will prove beneficial. In some cases a permanent cure will be effected, and in others an amelioration of the disease will likely be experienced.

The foregoing conclusions are based on facts carefully noted in the past, and proving the truth of what we write. The following are a few recent facts which speak for themselves. Mr. A. Doherty, of Toronto, having had a slight hemorrhage of the lungs, on the advice of his physician came to Victoria, B.C. After a sojourn in that city of six months he felt no improvement, but rather felt he was getting worse. He was advised to try Kamloops. He came here about five months ago, and he says his cough is almost gone, and his chest measurement has increased since he came to Kamloops, and his general health is now very good. Another young man came from the coast needing a change of air and after three months living here was greatly benefitted. A young lad, inheriting a feeble constitution, came to Kamloops on medical advice. After a year's sojourn he seemed like a new boy and is now entering on life with health and vigor. There are at present residing in Kamloops several prominent citizens who willingly testify that their health has been materially improved by the air and climate of Kamloops. It is a good thing that these facts should be known, so that if any persons have friends suffering in any way from pulmonary affections, they may be able to recommend to them a trial of the surest remedy, viz., pure, fresh, invigorating, mountain air.

Besides fresh air, Kamloops can afford to the mind and body other needed blessings. There are good hotels, reasonable in their charges. There are also delightful walks along the valley or up the foot-hills; and last, though not least, Christian Churches and Christian people with whom they may worship and associate. When in need of a change of air, check your trunk and baggage for Kamloops, B.C.

CLIMATE, SOIL, WATER, ETC.



The following statistics were collected from various sources in 1892, at the request of J. M. Lefevre, M.D., President of the Medical Council of British Columbia:

SITUATION.

On the main line of the Canadian Pacific Railway, at the junction of the North and South Thompson Rivers. Valley here is broad and open and scenery good, the mountains and valleys having a park-like appearance in the distribution of the timber.

SOIL.

The soil is light and gravelly, giving such good natural drainage that the ground dries almost immediately after a shower of rain.

WATER.

In both rivers the water is of unusual purity, the importance of which fact cannot be overestimated.

TEMPERATURE.

The mean temperature for the year beginning July, 1891, and ending June, 1892, is about 49.0, and the neighborhood is not subject to the great extremes which they experience in Eastern Canada. The mean temperature of the weeks for the different months are as follows:

FOR WEEK ENDING	July 4th, 1891	70.	FOR WEEK ENDING	Jan. 16th, 1892	10.4
" "	" 11th,	67.2	" "	" 23rd,	25.
" "	" 18th,	75.3	" "	" 30th,	23.4
" "	" 25th,	70.6	" "	Feb. 6th,	22.6
" "	Aug. 1st,	79.3	" "	" 13th,	27.9
" "	" 8th,	68.9	" "	" 20th,	27.9
" "	" 15th,	70.4	" "	" 27th,	31.6
" "	" 22nd,	67.5	" "	Mch. 5th,	39.
" "	" 29th,	74.8	" "	" 12th,	45.1
" "	Sept. 5th,	75.7	" "	" 19th,	43.7
" "	" 12th,	68.	" "	" 26th,	48.5
" "	" 19th,	65.4	" "	April 2nd,	42.2
" "	" 26th,	60.	" "	" 9th,	44.5
" "	Oct. 3rd,	49.3	" "	" 16th,	48.
" "	" 10th,	55.3	" "	" 23rd,	52.8
" "	" 17th,	51.3	" "	" 30th,	48.7
" "	" 24th,	50.9	" "	May 7th,	46.6
" "	" 31st,	51.7	" "	" 14th,	59.1
" "	Nov. 7th,	46.6	" "	" 21st,	58.2
" "	" 14th,	31.6	" "	" 28th,	60.4
" "	" 21st,	26.5	" "	June 4th,	59.3
" "	" 28th,	35.8	" "	" 11th,	61.6
" "	Dec. 5th,	35.4	" "	" 18th,	71.6
" "	" 12th,	34.7	" "	" 25th,	67.
" "	" 19th,	25.8			
" "	" 26th,	26.9			
" "	Jan. 2nd, 1892	25.7			2549.4
" "	" 9th,	18.7			

Average temperature for year. 49.0

ATMOSPHERE.

Light, invigorating and of great purity, small objects being visible at great distances. Cloudy days in Kamloops are of great exception.

RAIN FALL.

In January, 1891, 2 days	0.11
In February, 1891, 3 days	0.53
In March, 1891, 6 days	- 0.62
In April, 1891, 7 days	- 0.37
In May, 1891, 14 days	- 1.63
In June, 1891, 15 days	- 3.07
In July, 1891, 12 days	- 2.29
In August, 1891, 5 days	- 0.82
In Sept., 1891, 4 days	- 0.41
In October, 1891, 6 days	0.50
In Nov., 1891, 4 days	- 0.60
In Dec., 1891, none	- 0.00

In inches for 1891, being 11.05

Most of the rain is experienced in short, brisk showers, lasting from a few minutes to half an hour, the moisture disappearing in a seemingly miraculous manner.

Altitude—About 1,200 feet.

[The above statistics were accompanied by a citation of eight cases of recoveries which came under the notice of the collector, but are omitted here, as they were not accompanied by any medical testimony.]

SUPERIOR TO EGYPT AND EUROPE.

(Letter from T. W. Lambert, M.B., C.M., Cantab, M.R.C.S.)

TO THE EDITOR INLAND SENTINEL:

(dated December 1890.)

DEAR SIR,—Owing to my practice in Kamloops having been as yet only of short duration, I cannot give any good instances of cases that have been much benefited by residence here.

I have, however, visited many parts of Europe, including the shores of the Mediterranean, and also Egypt, whose winter climate is regarded as par excellence, the best for phthisis and rheumatism.

The summer, spring and autumn seasons in Kamloops I regard as superior to both, excelling the Mediterranean in its more bracing and far drier atmosphere, and in its being free from malaria and typhoid, while great heat of the summer only enables invalids to stay in Egypt for about four months in the year.

As regards the winter months at Kamloops, I would regard them as excellent for any patient except those in an extreme state of debility. I would regard the climate during the whole year as especially beneficial for phthisis in a not too advanced state, and especially the summer and autumn months for rheumatism and kidney disease.

Vital Statistics From Government Records.

1893

WHITE POPULATION OVER 1000.

Births—12; Deaths—Adults 3; Children 0

1894

Births—8; Deaths—Adults 4; Children 2

(Signed)

G. C. TUNSTALL.

ZYMOTIC DISEASES.

CITY CLERK'S REPORT FOR 1893-4.

Diphtheria, 0; Small Pox, 0; Scarlet Fever, 1; Typhoid Fever, 2- both imported cases; Cholera Infantum, 0; Malignant Sore Throat, 0.

(Signed)

M. J. McIVER, City Clerk.

METEOROLOGICAL REPORT.

1893.				1894.			
		MAX.	MIN.			MAX.	MIN.
For week ending	April 8	59.6	28.5	For Week ending	April 5	65.9	25.8
" "	" 15	57.3	31.0	" "	" 12	66.0	26.9
" "	" 22	65.4	30.3	" "	" 19	77.3	30.3
" "	" 29	71.3	34.6	" "	" 26	78.0	31.0
" "	May 6	75.9	35.0	" "	May 4	69.5	33.5
" "	" 13	77.9	34.0	" "	" 11	78.9	36.9
" "	" 20	76.9	42.5	" "	" 18	69.5	29.4
" "	" 27	77.3	43.0	" "	" 25	92.7	46.4
" "	June 3	69.8	45.3	" "	June 1	93.2	52.0
" "	" 10	86.9	42.3	" "	" 8	93.2	47.7
" "	" 17	70.4	38.6	" "	" 15	80.3	41.9
" "	" 24	76.9	40.6	" "	" 22	90.2	46.1
" "	July 1	82.5	43.6	" "	" 29	80.2	43.5
" "	" 8	85.0	48.9	" "	July 6	94.5	45.1
" "	" 15	85.7	52.5	" "	" 13	94.6	49.8
" "	" 22	87.5	51.5	" "	" 20	92.8	49.9
" "	" 29	87.5	48.5	" "	" 27	93.2	51.6
" "	Aug. 5	99.7	55.5	" "	Aug. 3	96.8	50.2
" "	" 12	92.5	44.9	" "	" 10	85.8	50.4
" "	" 19	88.5	47.9	" "	" 17	90.7	50.4
" "	" 26	87.5	46.9	" "	" 24	93.9	56.8
" "	Sept. 2	92.5	44.8	" "	" 31	92.5	47.7
" "	" 9	87.5	46.5	" "	Sept. 7	83.2	42.2
" "	" 16	79.3	41.4	" "	" 14	89.2	35.5
" "	" 23	67.5	33.0	" "	" 21	71.4	30.0
" "	" 30	76.7	38.6	" "	" 28	67.0	
" "	Oct. 7	62.0	32.6	" "	Oct. 5	65.7	
" "	" 14	61.7	30.0	" "	" 12	62.6	
" "	" 21	60.0	28.1	" "	" 19	76.0	
" "	" 28	No record.		" "	" 26	63.0	
" "	Nov. 4	52.7	19.2	" "	Nov. 2	63.3	28.9
" "	" 11	55.3	26.5	" "	" 9	57.5	23.8
" "	" 18	45.8	13.8	" "	" 16	53.8	18.9
" "	" 25	35.5	10.5	" "	" 23	54.2	17.9
" "	Dec. 2	27.9	4.5	" "	" 30	40.5	23.3
" "	" 9	45.4	16.9	" "	Dec. 7	40.8	16.3
" "	" 16	37.0	3.8	" "	" 14	43.0	19.0
" "	" 23	44.9	27.3	" "	" 21	41.8	19.1
" "	" 30	No record.		" "	" 28	36.2	16.6
1894.				1895.			
" "	Jan. 6	30.8	0.5	" "	Jan. 3	21.2	2.5
" "	" 13	50.4	2.5	" "	" 10	37.9	4.1
" "	" 20	47.5	27.9	" "	" 17	51.0	12.0
" "	" 27	36.4	0.9	" "	" 24	30.4	5.0
" "	Feb. 3	34.2	7.7	" "	" 31	47.8	4.8
" "	" 10	44.3	10.0	" "	Feb. 7	40.8	10.4
" "	" 17	39.7	15.6	" "	" 14	34.4	5.5
" "	" 24	32.1	8.0	" "	" 21	59.0	23.6
" "	Mch. 3	54.4	12.5	" "	" 28	55.6	29.9
" "	" 10	49.1	8.5	" "	March 7	55.2	23.2
" "	" 17	55.6	27.1	" "	" 14	59.9	15.9
" "	" 24	54.8	19.1	" "	" 21	56.5	23.8
" "	" 31	61.2	33.2	" "	" 28	68.2	22.9
				" "	April 4	67.0	24.9

E. H. JONES Observer.

RAINFALL—1893, 6.7 inches; 1894, 5 inches.

Kamloops as a Health Resort.

(Letter by E. Furrer, M.D., M.R.C.S., E., Medical Officer of Royal Inland Hospital, Kamloops, to Inland Sentinel, Kamloops, Dec. 31st, 1890.)

When the doctor has exhausted his list of tonics and is at his wits end what to administer next to pull up his patient and make him feel himself again, he prescribes a change of air. We all know, and most of us have experienced how beneficially a change of climate often acts on our impaired health. When we inlanders feel out of sorts we take a trip to the coast, and ere long we get well and fat and return home as new men. People at the coast who are ailing and below par as long as they stay at home, come up here and seldom fail to rapidly gain health and strength. We do not know what it is that acts so beneficially in these cases, but it seems to lie in the thorough change of climate and surroundings. The contrast we experience appears to flip up our lagging energies and to stimulate the reparative apparatus of the organism. Luckily for us the difference in climate between the coast and the interior in and about Kamloops is sufficiently great to constitute that needful contrast. We have the change from a lower to a higher level, from a comparative plain to the mountains, from a moist to a dry climate, from a changeable to an equable temperature, and all these changes combine to render Kamloops a desirable place for invalids and convalescents from the coast. It is in their interest and for their good that we wish to bring these facts to the notice of our readers. There are other places better known and more fashionable, which offer similar climatic advantages, but they are less within reach of most people of British Columbia for various reasons, such as the expense of getting there and living there, long distance from home and friends and business. Moreover, certain climes and localities have gained a world-wide fame as health resorts, still it is certainly erroneous to think that any climate has a specific influence as a remedial measure on any disease. Divest these places of their attractive surroundings and there is nothing essential left which cannot be found at less expensive spots near home.

A fair idea of the salubrity of a place may be formed from its death rate and, no doubt, principally from that of children, for they are particularly susceptible to the influence of severity of climate or of bad sanitary conditions. The statistics for Kamloops for the past three years, according to our Government record, are: 41 births, 5 deaths of children from all causes, including at least one accident. This is certainly a remarkably low death rate when compared with that of other places. And equally remarkable is the fact that during the same period of time there was no case here of any infectious disease, except two cases of scarlet fever, both imported, and according to the hospital report only one case of typhoid fever, also imported. These facts, picked up at random, speak volumes for the salubrity of our fair town. But apart from these general considerations, Kamloops enjoys many climatic advantages which make it a desirable resort for sufferers from various diseases. And here we cite the statement of a medical man, Dr. McLean, of Riverside, California, who was unfortunately forced to seek the advantage of a change of climate for himself. He says:

"I consider the climate of Kamloops and vicinity unsurpassed for healthfulness. It is free from all the miasmatic disorders which we so often encounter in the southern health resorts. Situated between mountain ranges which condense most of the moisture from the air, we have a dry, bracing atmosphere, free from the depressing influences found in the semi-tropics. I can especially recommend it for throat and bronchial affections, as we have the air of the desert and the invigorating influence of a northern latitude. In my own case, I have received more benefit from my few weeks residence in Kamloops and Nicola, than from any of the places I have visited between here and the Mexican frontier."

There are many others who can testify to these facts from personal experience. Nor is this to be wondered at, for the air is remarkably pure—indeed it has often been remarked, not by us who take such things as matters of course, but by people from abroad, that the sky is clearer and the stars brighter here than anywhere else. The temperature is equable, the changes from hot to cold are neither sudden nor great. Everybody knows that sudden changes of temperature are not conducive to health, whilst an equable climate in addition affords people the opportunity of keeping for many hours daily in the open air. The air, too, is dry. An umbrella is better known as a curiosity brought from the coast than as a useful personal article. The soil is dry and sandy, and sand and gravel form the best natural drainage, so that malaria is practically unknown around Kamloops. The water supplied by the water works is slightly alkaline, but is wonderfully free from impurities. It is pumped in from the middle of the great stream, which has its natural filter in the great Shuswap Lake. We take the liberty of publishing a letter from Mr. Berry, Analytical Chemist, from University College, London, England, who is out here for his health. He says:

KAMLOOPS, B.C., December, 1890.

"It is not possible to form a correct opinion of the climate of a place in three weeks only, but Kamloops, in our opinion, is incomparably superior to all the other places at which we stopped when travelling lately across Canada from Quebec.

I spent four months in the early part of this autumn in Northern Italy, and the brightness and coloring here greatly resemble that part of Europe.

The amount of rain has been very slight, and owing to the strong but warm wind which we have had almost constantly, the ground was dry again almost as soon as the rain stopped. The wind here is most pleasant, being so dry and bracing, and compares most favorably with the icy gale which we had when staying at Banff.

The difference in the temperature here in the day time and in the evening is very slight in comparison with the Riviera, where, as soon as the sun sets, the air at once becomes very chilly and renders people very liable to catch cold.

The scenery here around Kamloops is lovely, with the ever-changing tints of the distant blue mountains contrasting with the more delicate blue of the river in the foreground. The curious dry, sandy-looking hills, with pines dotted over them, are to us a totally new and interesting sight, and look as though they would afford endless walks and rides."

Apart from climate, soil and water, there are some other features requisite to render a place suitable for a health resort. The main ones are: Pleasant surroundings, opportunities for outdoor exercise and sports, and good accommodations. As to the former, the scenery of Kamloops, situated as it is at the junction of two mighty streams, surrounded by picturesque hills, is too well known to require further description here; and its opportunities for sports, boating, fishing, riding, shooting ducks and grouse are excellent. And as to accommodation, there are several good hotels, well managed and comfortable. We mention this particularly because we think that in selecting a place as a health resort the fact is often overlooked that by depriving an invalid of all comforts of house and kitchen, he will lose the good which by the change of climate he would otherwise gain. We consider it injudicious to send a patient—say a consumptive—to some out-of-the-way farm house, where salt meat constitutes the staple article of food, where milk is scarce and home comforts unknown. There is also a hospital in Kamloops, under the special care of nearly a dozen directors, and visited weekly by members of the Hospital Ladies Aid Society, whose express aim is the constant improvement of the institution, and the comfort of its inmates. Kamloops needs only to be known as a health resort to secure a liberal patronage from that vast number who are ever on the look-out for a place in which to recruit their falling strength. Canadians too often go South in search of a health resort, passing on their tedious and expensive journey many a charming place in their own fair Dominion, which would amply fill the bill. Kamloops is the chief of these.

r
e.
e
y
n
s
y
d
n
s
n,
n-
g-

rs
at
ne

d
ne
es

ry
ce

ne
e-
a
ks

er
r-
r,
r-
d

-
a
f

e
e
e
e

a
a

12